



February 17 - March 8, 2012

2012年2月17日~3月8日

Chinatown Building Deemed Unsafe

One week later, many residents moving into BHA units



PHOTO BY KANE CARPENTER - After local officials deemed the building at 25 Harrison Avenue unsafe, police tape and blue barriers were put up on the street.



By Kane Carpenter
SAMPAN EDITOR

Residents of an apartment building on Chinatown's Harrison Avenue were evacuated last week due to concerns that the building could collapse.

The building at 25 Harrison Avenue was deemed unsafe by local officials after firefighters were called to investigate a fire alarm. No fire was found, however, firefighters found that the building's support columns had been removed.

Though fire officials have stated that the building is not in "imminent" danger of collapsing, tenants of the building have not been allowed back into their apartments pending the repair of the building violations.

During the evacuation, the first two floors of the building were empty. Residents in 11 units on the top three floors were told to leave the five-story building. Many haven't had the opportunity to return to the building to retrieve their belongings.

The landlord of the building, Alex Sze-to, paid for a one night's stay at a local hotel for the residents in the immediate aftermath of the evacuation; however the residents have not had a permanent

place to stay since they were forced to leave their homes on Wednesday, February 8.

As of press time, many of the residents had found temporary housing at locations such as 40 East Berkeley, according to Helen Wong, Boston Centers for Youth and Families (BCYF) Administrative Coordinator.

Also, more than a week after being evacuated, many residents are on the verge of moving into Boston Housing Authority units spread all over Boston.

"The BHA has been very helpful and fast-tracked all the applicants," said Wong, in a phone interview. "A lot of the residents have signed leases and should be moving very soon."

For the time being, residents who haven't found a permanent location to live have been living in the Chinese Consolidated Benevolent Association (CCBA) in makeshift cots.

Videos posted on the websites of numerous local news organizations show conditions within the 25 Harrison Avenue building to be cramped and poorly lit. Residents shared communal bathrooms and kitchens and lived in rooms only large enough to fit around three beds, according to WCVB-TV.

至孝篤親公所春節晚宴



新英格蘭至孝篤親公所於2月4日在喜臨門舉辦春節晚宴。

(詳文請見反面中文第一版)

Boston Children's Museum Celebrates Chinese New Year



Natalie Ornell
SAMPAN CORRESPONDENT

Chinese New Year's at the Boston Children's Museum is unlike other celebrations according to program director Leslie Swartz.

"All the activities are targeted to young children and families and we really focus on a multicultural young audience. It's all about adapting things for children related to Chinese culture," Swartz said.

Unlike other celebrations where children receive the traditional red envelopes *hongbao,* the Children's Museum volunteer staff worked with children to cut and fold these envelopes from scratch while learning how to say Chinese New Year's Wishes. In addition to a lion dance and kung fu performance by Yang's Martial Arts Association of Andover and Boston, children also made dragon puppets by hand.

The Chinese New Year celebration is one of the museum's longest running annual programs and started more than



twenty years ago. Swartz said she is awaiting the return of the museum's traveling exhibit "Children of Hangzhou" which celebrates Chinese culture through the lives of four Chinese youths.

HIGHLIGHTS

PAGE 3 BOSTON

AACA and Kwong Kow Chinese School receive grants, and Kam Man Supermarket reopens!

PAGE 6 HEALTH

Living a healthy life even when diagnosed with diabetes, and a recipe perfect for a diabetic diet.

PAGE 8 NEWS

Gee How Oak Tin celebrates the New Year, and Anna Ing explores Boston BBQ.

中文第八版 華埠新聞

COMIC

Empty Bamboo Girl

by Lillian Chan

for more oh-Lin!, become a Facebook fan at www.facebook.com/ahLinTheComic

What to try something new? From March 6 to May 15, a \$100 tuition fee buys you 10 classes plus one introductory dragon dance class at Gund Kwok! If you are a woman of Asian descent and are interested, contact Cathy at oconnell66@verizon.net to sign up!

Developments in Chinatown Should Create Jobs for the Chinese Community

Apply to be a Construction Union Apprentice

Located in the heart of the city, Chinatown and its surrounding areas are in the middle of a development boom despite the country still being in an economic recession. Currently, Kensington Place, a 390 unit 29 story building, is being built on Washington Street along with a smaller 75 unit elderly assisted living facility being developed called Hong Lok House. There is over 1,000,000 square feet of construction approved by the Boston Redevelopment Authority for the Chinatown/South End neighborhood with a lot more on its way. A new zon-

ing plan for the Harrison Albany corridor has been issued and the development of a "Southern Gateway" into Boston south of Kneeland Street has also been proposed.

With all this development, the question begs to be asked, how will Chinatown benefit? Who will get the jobs created by all the development? The Boston Residents Jobs Policy states that for any construction projects funded in part by the City of Boston must hire at least 50% Boston residents, 25% minorities, and 10%

women for all construction work. Since 2000, the City of Boston has been a majority minority city meaning that over 50% of the residents in Boston are people of color. Recently there has been a construction project that has set a new standard that reflects this population change. The Kroc Corps Community Center, a \$115 million project in Roxbury, was built under the standards of the Roxbury Masterplan of 51% Boston residents, 51% minorities, and 15% women for construction jobs on the project. The community organized and won these standards to be applied to the project and the general contractor had these standards written into its contract with the subcontractors. If the standards weren't met, the general contractor had the right to hire a different subcontractor. We need these standards to be applied to projects in Chinatown and across the city. A higher minority requirement will create more opportunity for Chinese residents living in and outside of Boston. As a community, we need to make sure the jobs created in our backyard benefit the people who live here or are part of the community.

At the same time, we need to work with construction unions to ensure that Chinese people are able to enter the union and take advantage of the career pathway and good standard of living the union creates. Unions usually offer health insurance, annuity, free training classes, and a pension for members. Many of the large developments in Boston are done by unions. Construction unions usually also have apprenticeship programs where people can get paid to work while also learning a new trade at the same time.

Requirements for these programs vary from trade to trade, but they usually require:

- High School Diploma or GED (Some exceptions may apply if you have documented hours in the construction industry)
- Conversational English

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- Documentation of proof of age (minimum 17 years old) – Birth Certificate, Driver's License, Passport, or Green Card

They are looking for candidates who:

- Follow instructions
- Are willing to learn
- Have a good attitude
- Show up early and ready
- Willing to make a 4 year commitment to the apprenticeship program and wants to stay in the union long-term
- Construction experience useful, but not necessary

If you are interested in applying, come to CPA's Union Apprenticeship Information Session on Thursday, February 23 at 6PM. We will share information on construction union industry and how to apply for the programs. Women are also strongly encouraged to apply.

BRA

The Boston Redevelopment Authority is hosting a Public Meeting regarding the Ink Block (Herald Site)

Thursday, February 23rd, 6:00PM

Project Place, 1145 Washington Street
Boston, MA 02118

Project Proponent: National Development

Project Description: National Development (the "Proponent") is proposing to redevelop the underutilized and soon to be vacant site located at 300 Harrison Avenue in the South End (the "Project"). The Project includes the construction of three new buildings and adaptive reuse of the existing Boston Herald industrial building creating a mix of uses that include new residential and retail activity, and provide public realm improvements. The approximately 548,900 square foot Project in four buildings will create approximately 471 new residential units and a total of approximately 85,000 square feet of retail space, including a grocery store and multiple smaller scale ground floor retail and/or restaurant spaces. The Project is served by a parking supply of approximately 411 spaces, the majority of which will be in the form of structured parking.

Close of Comment Period: Friday, March 2, 2012

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Boston
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Kam Man Supermarket Opens New Store in South Bay



Yuanfei Zhang
SAMPAN CORRESPONDENT

BOSTON - Kam Man Supermarket opened its new store located at South Bay Center in Dorchester on

February 11. The Mayor of Boston - Thomas M. Menino, the mayor of Quincy - Thomas P. Koch, and the mayor of Malden - Gary Christenson were all present at the opening ceremony. Local customers crowded in front of the new store on the first day of its grand opening.

Excited local customers began crowding around the new store at the store's opening time of 9 a.m. There were long lines in front of each of the many cashiers, and the flow of customers was jammed many times due to the large number of people present at the opening.

"Many media had spread the news that we will open today, that may be the reason we attracted so many customers today," said Wu, the manager of the new store.

Inalienable Rights

The Tide is Turning

By Samuel Tsoi

In the context of years of paralysis in Congress, states have taken addressing our dysfunctional immigration system into their own hands. There has been a rising tide of "attrition through enforcement" legislation, most notably enacted in Arizona and Alabama. This "self-deportation" strategy aims to make life so hard for unauthorized immigrants that they have no other options but to flee. In Alabama, local police are allowed to detain individuals suspected of being undocumented. Parts of the law, later repealed, even rendered going to school and attending church risky decisions and assisting undocumented immigrants potentially illegal.

Indeed, thousands of immigrants, legal or unauthorized, have left those states. This is happening despite significant decline of national unauthorized entries over the years as border security intensified and the economy suffered. Meanwhile, nativist strategists and special interests groups such as the private prison industry are cheering. However, this cynical strategy is backfiring. The chief supporter of Arizona's bill was voted out of office in a special election, and a recent University of Alabama study shows an upward of \$10 billion in lost revenue for its state due to the exodus of immigrants, criminalization of work, loss of consumer activity, and stigmatizing everyday interactions between people. These indicators suggest that this is not only bad for the economy and civility, but damaging to overall morale in such a fragile moment in our history.

Voters are re-energized in Arizona and elsewhere, ready to flex their political muscles against this strategy. Bloggers, media professionals and activists are re-injecting humanity back to the conver-

sation around immigration. In the last few months alone, a reversal is being felt in legislatures across the union. Many lawmakers, rejecting the disruptive and economically self-effacing methods, are instead advancing pragmatic, uplifting and forward-thinking measures. One such proposal, tuition equity, is leading the way in turning the tide.

For years, over a dozen states as politically diverse as Utah, Texas, Connecticut and California have already chosen to grant equal access to public colleges and universities for undocumented students as their citizen and legal permanent resident classmates. The educational, economic and social impacts have been overwhelmingly positive. These states are generating additional tuition revenue and students are pursuing their dreams. Now, Colorado, Hawaii, and Florida are taking significant steps toward passing in-state tuition bills, acknowledging the urgent need to compete in a globalized innovation economy by leveraging the skills and drive of immigrant youth to build their home-states.

Alas, Massachusetts is still caught floating without proactive direction. The eight year-long campaign for tuition equity in Massachusetts still has a shot this year. With broad support from business, faith, and education sectors, Beacon Hill must prioritize economic competitiveness and opportunity for young people and overcome fear and political wrangling. This would soon be put to the test. A self-deportation-esque proposal is being considered by the Judiciary Committee at the end of February – one that would make tuition equity even harder to achieve for hundreds of hard-working Massachusetts students. Senate Bill 2061 was filed in response to headlines that portray immigrants as threats, even though empirics prove otherwise. It could make the lives of immigrants, or others perceived as immigrants more difficult in community-police relations, the workplace, and even the DMV – and we thought the experience of getting a driver's license can only get better. Creating an inhospitable environment for people is not a solution, harnessing talents and dreams is a better way forward. Let's self-deport fear before we erode our human capital and welcoming heritage.

Samuel Tsoi is a Policy Associate at the Mass. Immigrant & Refugee Advocacy Coalition

AACA, Kwong Kow Chinese School Awarded Grants



PHOTO BY KANE CARPENTER - Boston Mayor Menino poses with grant recipients

By Kane Carpenter
SAMPAN EDITOR

Both the Asian American Civic Association and the Kwong Kow Chinese School were awarded grants by the city of Boston's Partners with Non-Profits program to help with building maintenance and improvement work.

The AACAs plans on using the money to finish a project that placed echo-reducing material on the ceilings of its facility's classrooms. Only half of the project had been completed with money received last year.

The KKCS plans on using the money to replace the carpet on the second and third floor of its facility as it had become dirty, according to Kwong Kow Chinese School Principal Evonne Liu. Both the AACAs and Kwong Kow share a building at 87 Tyler Street in Boston.

Moderate Income Subsidized Waiting List Open

Waiting list for one and two bedroom subsidized apartments open at
Bedford Village Apartments, Bedford MA.
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Applications are available at:
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Duxbury Free Library - 77 Alden Street
www.Delphicassociates.com
www.MassAffordablehomes.org
www.massaccesshousingregistry.org
Informational Work Shop
March 1, 2012 @
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DO YOU NEED WHEELCHAIR-ACCESSIBLE AFFORDABLE HOUSING?

The Stoneham Housing Authority (SHA) is seeking applications for its wheelchair-accessible Chapter 200 State-aided Family Housing Program from eligible and qualified applicants seeking accessible two and three-bedroom sized apartments. Applications from Veterans and Veterans' families are given a preference. Other persons seeking accessible units may apply. These units are located within our developments in Stoneham.

Our accessible two and three-bedroom waiting list will be open beginning **February 21, 2012**. Qualified and eligible applicants needing a wheelchair-accessible unit will be placed on the waiting list by lottery selection and assigned a priority and preference accordingly. The lottery will be drawn on Thursday, March 22, 2012 at 12 Noon at the SHA's office. Thereafter, applications received will be entered by date and time of application. Applications for our Chapter 200 family wait list for our 3-bedroom units will also be open at this time.

Eligible/qualified residents of State-aided family housing pay no more than 27% of their monthly net (adjusted) income for rent. In order to qualify for State-aided public housing administered by the Stoneham Housing Authority, you must have a net income by household size, as follows:

Household Size	Net Annual Income Limit
1 Person	\$ 45,100.00
2 Persons	\$ 51,500.00
3 Persons	\$ 58,000.00
4 Persons	\$ 64,400.00
5 Persons	\$ 69,600.00
6 Persons	\$ 74,750.00
7 Persons	\$ 79,900.00
8 Persons	\$ 85,050.00

Applications are also available for our one-bedroom Chapter 667 State-aided elderly/handicapped apartments, which is always OPEN. Residents for this program pay either 25% or 30% of their monthly adjusted income for rent depending upon whether or not utilities are included.

Applications for housing are available at our office at 11 Parker Chase Road, Stoneham, MA 02180. Applicants may request an application by mail or by calling our office at (781) 438-0734. You may submit applications by fax at 781-438-0734 or by email at m.orloff@stonehamha-ma.com.



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Application Deadline for Selection Lottery is **3/12/2012**
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Applications may be picked up in Provincetown at:

- Town Hall (lower level) Council on Aging
- Unitarian Universalist Meeting House
- Methodist Church
- Helping Our Women (HOW)
- AID's Support Group and Library

In Truro at the Library and Council on Aging. In Wellfleet at the Library and at Outer Cape Health Services.



"GET REAL!"

with Mildred Wong

Drama-Free Real Estate Advice



MYTH: Always insist that your agent show you NO FEE apartments only. That way you won't get stuck with paying a broker fee.

FACT: It is important to view ALL available apartments that fit your needs. EVERY apartment rented through a real estate broker agency comes with a fee equal to one month's rent.

Fee and no fee apartments are simply apartments. For a no fee apartment, the landlord pays 100% of the fee. For a full fee apartment, you pay 100% of the fee. For a "split" fee apartment, the landlord pays 50% and you pay 50% of the fee. There are also listings that are 1/4 fee and 3/4 fee. Whatever portion is not paid for on your behalf, you are then responsible for.

If I don't use a broker, I can save on the fee, right? GET REAL! In Boston, you really do need a broker in order to gain access to most listings. The fee structure will vary from listing to listing; your agent will let you know what the fee is for each apartment. The current economic climate and the number of vacancies will dictate whether landlords will pay the fee. As mentioned in last week's article, Boston's rental market remains tight with unprecedented vacancy rates, so expect to pay the full fee.

When landlords put their apartments on the market, they need to cover their expenses, and will often incorporate variables such as heat, hot water, taxes, maintenance, and fees into the rent.

Paying a fee can actually work in your favor! If you do not plan to move for the next two or more years, paying the lower rent with full fee will make sense financially. For example, for \$1500 the tenant pays the full broker fee; for \$1550 the fee is split – tenant pays half the fee and landlord pays half the fee; or for \$1600 the landlord pays the full broker fee. It is the same apartment, just three different rents with three different fee structures. By paying the lower rent of \$1500 with the \$1500 fee spread out over

three years, you will be paying \$1541 a month, less than the other two fee structures!

When apartment hunting, working with multiple agents from different neighborhoods will give me the most options. GET REAL! Working with more than one agent will actually dilute the process and place you at a competitive disadvantage versus other apartment hunters. Real estate offices may claim to have "the best" or "the most" listings, but most have access to the same list of landlords. With increased electronic and online advances in real estate software and databases, an agent can view listings in all neighborhoods ... even throughout the state! An efficient agent will show you a range of apartments, allowing you to see ALL available listings that fit your needs and budget in one productive block of time so you can make an informed decision.

Your home should be a place you look forward to returning to every day. When apartment hunting, put broker fees aside and instead, focus on the cost of rent, included utilities, amenities, and location. You will more likely find a place you love, and remain in, saving you time and money hopping from apartment to apartment every year.

CALL TO READERS: In the process of apartment hunting and have questions? Call or email and your topic could be the next discussion. Mildred Wong is a Licensed Real Estate Agent at City Central Realty, LLC. She can be reached at 617-236-2020 or mildred@citycentralre.com. Follow her on Twitter: @GetRealwMildred.

GODDARD HIGHLANDS

Stoughton Affordable Housing

3BR and 4BR single family homes starting at \$197,500

Goddard Highlands is a new community that will eventually consist of 104 beautiful single-family homes (42 homes will be built in this first phase) on beautiful wooded lots in Stoughton, Massachusetts. Located only minutes from downtown Boston, Routes 24 & 128, and the Stoughton commuter rail station, Goddard Highlands offers a unique opportunity for the discerning homebuyer who desires ultimate convenience.

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The Maximum Income Limits for Households are as follows:

1 Person - \$45,500	5 Person - \$70,200
2 Person - \$52,000	6 Person - \$75,400
3 Person - \$58,500	7 Person - \$80,600
4 Person - \$65,000	8 Person - \$85,800

Households cannot have more than \$75,000 in assets.

For more information on the Development, the Units or the Lottery and Application Process, please visit: www.s-e-b.com/lottery or call 617.782.6900 x4. For more information on the development please visit www.GoddardHighlands.com.

Applications and Information also available at Stoughton Public Library (M-Th 9-9, Fri-Sat 9-5) and The Planning Department in Town Hall.

A Public Information Session will be held on **Feb 29th at 6 pm** in Stoughton Town Hall. Completed Applications and Required Income Documentation must be delivered, not postmarked, by **2 pm on April 5th, 2012**. The Lottery will be held on **April 18th, 2012 at 6 pm** in Town Hall.



Kam Man Opens New Store in South Bay

Continued from page 3

In addition to the excitement of the opening, there were many promotions going on at the new store. Customers received gifts after they had spent a certain amount of money. At the entrance of the store, free popcorn and cotton candy was given away for free, too.

The opening ceremony started before twelve o'clock in front of the new store. Mayors Menino, Koch and Christenson all gave warm speeches in celebration of the opening.

"We thank Kam Man for creating job opportunities for the local community," said Mayor Menino.

According to William Woo, the store's general manager and a co-owner of other local Kam Man stores, 50 full time positions had been created, and 100 more positions will be created in the near future, all as a result of the new supermarket.

Later on, Kam Man's owners and friends, along with the three mayors, cut the ceremony knot together. A traditional Chinese dragon dance was performed as a symbol of good luck to the new store.

The location of new Kam Man, South Bay Center in Dorchester was a powerful draw. It has a private parking lot, a mix of national retailers, and is in very close proximity to Chinatown and Asian communities.



Allan Tow

was a student of his), and more recently, won the Suffolk University 2012 Creating the Dream Award – which recognizes the outstanding efforts of an individual, organization or department with the University in creating an inclusive, respectful and safe climate for members of the AHANA (African American, Hispanic, Asian American, and Native American) community.

Born in Medford, Massachusetts, Tow studied Anthropology and Linguistics at Brandeis University before taking a gap year and later pursuing a law degree.

"There's not much you can do [with an undergraduate degree in Anthropology and Linguistics]," said Tow, in a phone interview. "So I took a year off."

Tow's first job, a clerkship (a typical entry level job in the field of law, according to Tow) on the west coast came about due to his desire to work for the first Asian American judge "East of the Rockies." Tow then went on to work many prestigious positions on the faculty of both Harvard Law School and Suffolk University.

SAMPAN SPOTLIGHT

Allan Tow

*2012 Creating the Dream Award Recipient
Associate Professor, Suffolk University*

However, 15 years ago, Tow was asked to oversee the Asian-American Student Association at Suffolk and he hasn't looked back.

"It was just so much fun," said Tow. "These kids are ABCs (Asian-born Chinese), just like I was. It's just fun to talk and watch them grow because they're all really good kids."

Part of the fun, according to Tow, is that he and his wife take part in many of the excursions that the association takes to New York City, as well as the banquets and activities the kids organize.

There is an academic side to Tow's participation though.

"I offer tutoring advice and will look at their papers," said Tow. "But I'm not their parent. And it takes a while for the kids to get used to that. You know, they see an older Asian person and think authority figure. But I'm just their friend."

No doubt, the friendship and (sometimes) guidance that Tow provides the undergraduate students at Suffolk has left an indelible impact on the lives of those who join the Asian American Association.

"It's great," said Tow. "I just have a lot of fun with these kids, and I get an award. It's really great."

Among the many subjects Professor Tow teaches at Suffolk University are Immigration and International Law.

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Living with Diabetes

Tips on living a healthy life with diabetes

Even though the diagnosis of diabetes can be stressful and unnerving, millions of people around the world continue to live prosperous, happy and healthy lives with the condition. But it is also important to understand that, even though you may not feel unwell or any different than you did before, it is vital to take the condition seriously and take the appropriate precautions to control and manage diabetes.

Remember, diabetes does not mean you cannot do the things you have always wanted to do! Perhaps you wanted to go on a cruise? Maybe you wanted to climb the Great Wall of China? All your dreams and aspirations don't have to come to a halt because of diabetes.

One of, if not the most important ways to keep your diabetes in check is to manage your diet. By controlling the amount and types of food you put into your body, you can effectively manage your insulin intake.

How to eat healthier?

What is considered "healthy eating" varies vastly between cultures, and even between families. But there are a few proven methods that, if you follow, will ensure you are eating in the healthiest possible way for you:

- Eat a variety of different kinds of food. This includes including different kinds of vegetables, whole grains, fruits, non-dairy products, healthy fats, and lean meats. Try a host of different foods, and you might find one you like better and is healthier than what you're eating now!
- Limit the amount of food you eat. By eating less, you also manage your weight – which is another important aspect to control diabetes.
- Try not to eat too much of one type of food.
- Space your meals evenly throughout the day. This gives your body the adequate

amount of time to digest the food you have eaten, as well as the process the insulin you've given it, too.

- Don't skip meals. Skipping meals is bad for your body no matter who you are, but for a person with diabetes, skipping meals can throw all the hard work you've done to manage the condition out the window!

How to get healthier?

Diabetes has the potential to cause irreversible damage to organs in your body such as your kidneys. The condition can also damage your eyes, if not carefully managed. So it is important to give your body the best chance of living a healthy life with diabetes as possible. One of the best ways to do this is to begin exercising routinely. Try to aim for around 30 minutes of physical activity every day. And if you're trying to lose a little bit of weight, look to do more than half an hour a day.

There are many different ways to include exercise in your day, even if you don't feel that you have the time to commit to 30 minutes in the mornings or the evenings:

- Walk instead of drive. You'll be surprised how many calories you'll burn!
- Get off the bus one stop earlier and just walk the remainder of the distance.
- Wash your car, do some gardening, mow the lawn.
- Play with your kids.
- Pace around when you're talking on the phone. You might notice an area of the house that needs cleaning!
- Don't park near the entrance. Park at the far end of the parking lot and walk a bit.

A recipe to get the ball rolling!

Here is a great little recipe that infuses both Asian and Western sensibilities, while also completely appropriate for a diabetic diet!

Asian Soup with Shredded Chicken and Rice

- 4 dried black mushrooms, rinsed
- 1 large clove garlic, minced
- 1 small Serrano or Thai chili pepper, seeded and minced
- 1 tablespoon minced fresh ginger
- 6 cups low-sodium canned chicken broth
- 2 teaspoons low-sodium soy sauce
- 2 6-ounce chicken breast halves, poached and shredded
- 4 ounces snow peas, trimmed
- 1 small carrot, 2 ounces, thinly sliced
- 2 fresh water chestnuts, peeled and thinly sliced (may used canned)
- 4 scallions, thinly sliced
- 1 cup hot cooked rice
- salt (to taste)
- freshly ground pepper (to taste)

DIRECTIONS

1. In a soup pot, combine mushrooms, garlic, chili pepper, ginger, chicken broth, and soy sauce. Bring to a boil over medium heat. Boil for 2 minutes. Remove from heat, cover, and let stand for 30 minutes.
2. Using a slotted spoon, remove black mushrooms and slice. Return to the pot.
3. Bring mixture back to a boil. Add remaining ingredients, except scallions and rice.
4. Lower heat and simmer, partially covered, for 10 minutes.
5. Stir in scallions and ladle soup into wide soup bowls.
6. Place 1/4 cup of the hot rice in the center of each bowl. Serve at once.



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HELP WANTED | Operations Manager

For more than 40 years, the Boston Chinatown Neighborhood Center, Inc. (BCNC) has been a vital link energizing the Asian immigrant and Asian American community of Greater Boston. The mission of BCNC is to ensure that the children, youth, and families we serve have the resources and supports to achieve greater economic success and social well-being. BCNC is currently seeking an Operations Manager to work with the Central Administration department.

Reporting to the Director of Finance and Administration, the Operations Manager is responsible for the development, implementation and oversight of organization-wide administrative support and operational systems and processes. The Operations Manager will supervise administrative and operational staff to ensure daily operations including facilities management, IT and technology support, and administrative functions. S/he will work in partnership with management staff to ensure that operational and support staff meet the administrative needs of programs. S/he will also be responsible for the development and ongoing maintenance of the organization's website and collateral materials, and support and manage special projects. S/he will work closely with the Director of Learning and Evaluation to support the organization's data collection needs and ensure that the database system is maintained and updated regularly. The Operations Manager will also manage and implement special community events and activities as assigned.

Skills and Experience Required:

- B.A. required; Master's degree preferred in a related field.
- Minimum five years in management, preferably in a senior leadership capacity in a nonprofit, foundation, or government entity preferred.
- Excellent management skills with strong yet flexible analytical and problem solving skills.
- Demonstrated ability to manage multiple projects and invest stakeholders.
- Ability to build and work within a team environment while developing staff leadership and growth.
- Experience with evaluation principles and outcome measurement, and applying data and evaluation to inform and develop programs.
- Experience with and knowledge of the Asian American population or other ethnic minority group.
- Salary: mid - high 40K PA. This position is full time with full agency benefits.

An interview with Sifu Heng Zhen Shi of the Boston Shaolin Kung Fu Center

By Eric Chabourne (iokarate.com) and David Chan (instituteofcombativearts.com) for the Sampan.



PHOTOS BY ERIC CHABOURNE & DAVID CHAN

What is your martial arts background? How long did you study at the Shaolin Temple?

Shifu HengZhen Shi: I came from a small village called Liangshan, this place is known to be the origin of the famed novel named Shuihu Zhuan (水滸傳) or called "Water Margin" in English. Most people in our village practiced Kung Fu, so I did too.

The movies "Shaolin Temple" produced in 1976 and 1982 were a big hit. The Shaolin Temple became an icon in my childhood. I had asked my parents to take me to Shaolin Temple. At the age of 10, my parents finally took me to the Shaolin Temple and I was admitted. Throughout ten years of intensive training, I'd learned over 90 fists (forms) from Shaolin Fist, LoHan Quan, Xiao Hong Quan, and Ta Hong Quan. I learned animal forms such as Eagle Fist, Monkey Fist, Scorpion Fist, Playing Mantis Fist, Tiger Fist, Leopard Fist, and many others. I also learned 18 monk weapons such as staff, straight sword, broad sword, puda (infantry sword), spear, whip, chain and many more. I also had training in iron head, iron palm and iron skirt. After I was promoted to be head coach at Beijing Shaolin Kung Fu Center, my Masters asked me to come to the United States. I was the head coach of Shaolin Kung Fu Center in New York and Chicago for 5 years before settling down in Quincy, Massachusetts.

Why start a Kung Fu school in Quincy, Massachusetts?

Shifu HengZhen Shi: My Masters Guo-Lin Shi and Yan-Ju Shi have an attraction for this multi-culture city. Around five years ago, we had a performance at Harvard University and it was my first trip to Boston. I was impressed by the rich culture and all the friendly people. We were welcomed and many cheers by the enthusiastic crowd, I then fell in love with the city. Finally in December 2010, I came to Boston to open a new school. From friends' recommendation, we tried to settle in Quincy for the commuting convenience and parking availabilities. The search for the location was another coincidence or I should say a blessing from Buddha...

To read the rest of the interview and see more pictures and video of Sifu Hong Zhen, go to Sampan.org

North Quincy High transformed for Lunar New Year Festival



PHOTOS BY XIAO YI ZHOU - Arguably the region's largest Chinese New Year celebration, North Quincy High School was transformed into a cultural hub for a day as thousands of visitors attended the festivities to experience the ushering of the New Year.

By Kane Carpenter
SAMPAK EDITOR

QUINCY – North Quincy High School transformed into a cultural hub this past weekend in celebration of the lunar New Year. In its 24th incarnation, the Lunar New Year festival attracted almost 10,000 visitors, organizers said.

The high school, noted for its commitment to foreign language education as well as fostering an international atmosphere at the school, featured different cultural exhibits in different rooms. One major attraction was a painting and Chinese herb display in the school's library.

However, the festival made a major effort to cater to all age groups, incorporating a Chinese op-

era show in the school's auditorium, while also providing coloring crayons and paper for children wanting to entertain themselves, too.

The main attraction at the festival, though, took place in the school's gymnasium where local and national organizations put up stalls showcasing the work they do. Also, the gymnasium hosted traditional Chinese performances, such as a lion dance display.

In the school's cafeteria, local restaurants set up booths offering visitors lunch or just something to snack on while they enjoyed the rest of their visit to the festival. Sushi, cotton candy, and Vietnamese submarine sandwiches were notable cuisines on offer at the festival.

Presidential Gardens Apartments

140 Evergreen Drive
Bradford, MA 01835

announces the opening of waitlists for one and two bedroom apartments.

From 9 AM January 30, 2012 until 1 PM February 24, 2012 we will open our waitlist for the very low income category for our two bedroom apartments, and our waitlists for the extremely low AND very low lists for our one bedroom apartments.

The waitlists for low and moderate income applicants will remain open.

For two bedroom applicants, your gross income by household size must be above the following minimum:

Household Size	Minimum Income
1 person	\$18,800
2 persons	\$21,500
3 persons	\$24,200
4 persons	\$26,850

Applicants must meet eligibility requirements for a two-bedroom apartment.

For one bedroom applicants: there are no income restrictions for applications received between the above dates.

AFTER FEBRUARY 24th, APPLICANTS FOR BOTH ONE AND TWO BEDROOMS MUST HAVE A GROSS INCOME ABOVE THE FOLLOWING MINIMUMS:

Household Size	Minimum Income
1 person	\$31,350
2 persons	\$35,800
3 persons	\$40,300
4 persons	\$44,750

Rent for 2012 equals 30% of adjusted household income, not to exceed \$1,189.

Please contact the Management Office for information regarding our waitlists for other income categories.

Applications can be obtained in person from the management office at 140 Evergreen Drive, Bradford or by calling 978-373-2543, Relay 711, and may be returned in person or mailed to the above address. Reasonable accommodations made.

No applications for the two-bedroom very low income, the one-bedroom extremely low income, or the one-person very low income waitlists will be accepted prior to 9 AM on Monday, January 30, 2012 or later than 1:00 PM on Friday, February 24, 2012.

For consideration all applications must be completely filled out and signed by all household members aged 18 or over. Eligible applications will be placed on the appropriate income-based waitlists. Selection of an application from the waitlist for processing is based on income category, then date and time application.

We will reject all incomplete applications. We are not responsible for applications that are lost or delayed in the mail. Faxed applications will not be accepted.

Translation assistance in completing applications is available. Presidential Gardens is an equal housing opportunity property. It is managed and marketed by Maloney Properties, Inc.,

27 Mica Lane, Wellesley, MA 02481.
Phone 781-943-0200
Relay 711.



Anna Ing's
A FOOD AFICIONADO
Sweet Cheeks



PHOTO BY ANNA ING

Boston is home to a few token BBQ places and the newest entry that joined last November has taken the city by storm. Helmed by Season One finalist of the popular Bravo TV Reality show "Top Chef" Tiffani Faison, barbecue fans are in for a treat. After the South End Italian restaurant Rocca closed its doors, Tiffani decided our fair city needed a new place that served Texas style BBQ. After some serious road tripping throughout Texas trying out the different barbecue, they came back and to our great fortune, Sweet Cheeks (1381 Boylston Street, Boston, MA 02215 (617) 266-1300) was born.



PHOTO BY ANNA ING

On a recent busy Friday night, one could barely hear themselves in this big room with a mix of seating that consisted of some communal tables. Water is served out of Mason jars (usually used for canning foods) and the condiments - BBQ sauce (big bottle), Hot Sauce (smallest bottle), and vinegary North Carolina sauce (middle sized bottle) - are all at your fingertips. Sweet Cheeks doesn't mess around with the BBQ meats as the emphasis is on pulled chicken, pulled pork, pork belly, brisket and ribs. All their meats are natural, no hormones and local. The BBQ is served on metal trays and the choice of three meats, aka Fat Cheeks which cost \$26, came along with white bread, house made pickles, onions with a choice of one scoop each of a hot and cold side. Cold sides included potato salad, farm salad, carrot raisin salad and cole slaw. The hot side options had Tiffani's mom's mac'n'cheese, collard greens,

black eyed peas, citi's broccoli cheese casserole, and heirloom bbq beans.

Our Fat Cheeks tray had the brisket, pork ribs, and pork belly was chosen along with the mac'n'cheese and carrot raisin salad which had yummy nuts, raisins, and carrots. The added tang surprise came from blue cheese, making it a winner. Served in a cup, the mac'n'cheese was nice in a creamy. The cheesy sauce was delicious and satisfying as a comfort food. The meats are smoked on the premises and were simply works of art. First the four pork ribs, two big slices of flavorful lean and fatty brisket as well as the three smallish pieces of succulent pork belly were delicious. I was a fan of the nice sweet BBQ sauce. The North Carolina sauce served a nice vinegary tang if that is your speed. The hot sauce was avoided though.

The other tray was the Berkshire pulled pork (\$17) and the two sides chosen were the collard greens and farm salad. The collard greens were lovely with bits of meat and vinegary sauce that kept it interesting. The farm salad consisted of brussel sprouts (wild cabbage with edible buds), parmesan cheese, candied hazelnuts, faro (popular Italian grain) and arugula fulfilled the veggie component of the meal. The pulled pork was like threads of pork that were easy to eat and delicious. The house made pickles were light and refreshing.

Our Fried Green Tomatoes (\$7) were outstanding! We liked the textures of the batter versus the green tomato. We found the portions to be abundant that we had no room for dessert and had leftovers for another meal. Unfortunately, we had to skip ordering desserts. The prices are a little on the pricier side, service was efficient and knowledgeable. While there are other barbecue places in town, Sweet Cheeks is worthy of a look.

Gee How Oak Tin Association Chinese New Year Banquet



PHOTO BY KANE CARPENTER - Celebrations at the Gee How Oak Tin Association of New England's Chinese New Year Banquet drew many notable figures from the community.

By Kane Carpenter
 SAMPAN EDITOR

The Gee How Oak Tin (GHOT) Association of New England held its annual Chinese New Year banquet at Hei La Moon Restaurant on February 4, 2012.

A packed restaurant of some 40 tables and close to 250 guests attended the dinner, along with notable guests such as Mayor Thomas M. Menino, City Councilor Bill Linehan, Congressman Michael Capuano, and Harvard Law School professor and Democratic candidate for the 2012 United States Senate Elizabeth Warren.

During the dinner Kwong Kow Chinese School students performed dance routines

for attendees. After KKCS' dance performances, Congressman Capuano was given the honor of "bringing a lion to life" by drawing eyes on a brand-new lion of a lion dance performance.

According to the Association's website, the mission of GHOT of New England is to unite all brothers and sisters of Chan (Chin, Chen, Tran, etc.), Woo and Yuan families to foster a spirit of self help and mutual support and to advance the welfare of its members, in accordance to the teachings of Emperor Shuen (2318 B.C.), and to support charitable causes, including outreach to the larger Chinese community and the American society at large.

SAMPAN



Online:
Sampan.org

www.QCC.edu

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華埠建築視為不安全



上周，由於擔心華埠夏利遜街25號上的公寓大樓有可能倒塌，大樓的居民被迫緊急疏散。

消防隊員在夏利遜街25號調查火警時發現這棟大樓可能不安全。雖然沒有火災，但消防隊員發現大樓的支撐柱已被拆除。

消防官員說，建築是沒有立即倒塌的危險，但未修復建築前，大樓的住戶不允許回他們的公寓。

在疏散時，五層樓的前兩個樓層是空的。後三層的十一個公寓裏的居民被告知要馬上離開。許多人沒有機會回去取他們財物。

大樓的業主Alex Szeto為被疏散的居民支付了一晚的旅館住宿費用。但從二月八日星期三起，即他們被迫離開大樓的那天，居民一直都沒有一個可以永久住宿的地方。

發稿時，根據Boston Centers for Youth and Families的行政協調員Helen Wong表示，許多居民已經找到了臨時住處，如Berkeley東街40號。

在疏散一個多星期後，許多居民即將搬遷到一些在波士頓附近的公寓。

Wong說：「Boston Housing Association一直非常幫忙以及迅速接受了所有的申請人。很多居民已經簽了租約，並且很快便可以搬家了。」

目前還未找到永久住處的居民暫住在Chinese Consolidated Benevolent Association (CCBA)臨時搭建的居所。

許多地方的新聞機構網站上都有視頻顯示夏利遜街25號大樓的居住條件很擁擠和光線不足。根據WCVB-TV報道，居民需要共享公共浴室和廚房，而且住房的大小只能容納三張床。

波士頓少林功夫中心師父Heng Zhen Shi專訪



1. 您的武術背景是甚麼？您在少林寺學習了多久？

Sfhzs：我來自一個叫做梁山的小村莊。它是著名小說水滸傳的來源地。我們村的很多人都學武，我也是其中一個。1976年和1982年的電影《少林寺》非常受歡迎。還是孩子的我就對少林寺非常神往。我求父母帶我去少林寺。十歲的時候，他們終於帶我去了少林寺，我也被錄取了。經過十年的艱苦訓練，我學會了九十多種少林拳法，包括羅漢拳，小洪拳，大洪拳。我也學了一些以動物命名的拳法，如鷹拳，猴拳，蝎拳，螳螂拳，虎拳，豹拳等等。我也學習了十八般僧器。包括直劍，寬劍，朴刀，槍，鞭，鏈等等。在我稱為北京少林功夫中心的頭等教練後，我的師父要求我來美國。在我搬到麻

省的昆士市以前，我在紐約和芝加哥的少林功夫中心做了五年的頭等教練。

2. 為甚麼要在麻省的昆士市開辦少林功夫中心？

Sfhzs：我的師父們被這個城市的多元化氣息所吸引。五年以前，我第一次來波士頓，在哈佛大學演出。這裡濃厚的文化氣息以及熱情友好的人們給我留下了深刻的印象。當我們被熱情的觀眾歡迎的時候，我就愛上了這裡。最後在2010年年底，我來波士頓開辦了新的學校。

請到<http://Sampan.org>閱讀整篇專訪。

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移民信息

親屬移民排期	全世界(包括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	2004年09月01日	2004年09月01日	2004年09月01日	1993年04月08日	1997年03月01日
第二優先 2A	2009年03月22日	2009年03月22日	2009年03月22日	2009年02月08日	2009年03月22日
第二優先 2B	2003年08月15日	2003年08月15日	2003年08月15日	1992年11月22日	2001年8月15日
第三優先	2001年10月08日	2001年10月08日	2001年10月08日	1992年12月15日	1992年07月08日
第四優先	2000年07月15日	2000年07月15日	2000年07月15日	1996年05月01日	1988年09月08日

親屬移民排期表

- 第一優先：美國公民的成年未婚子女
- 第二優先：2A永久居民的配偶及未成年子女
- 第三優先：公民的已婚子女
- 第四優先：公民的兄弟姊妹

職業移民排期	全世界(包括港澳台)	中國大陸	印度	墨西哥	ofilipinas
第一優先	有名額	有名額	有名額	有名額	有名額
第二優先	有名額	2008年03月15日	2008年03月15日	有名額	有名額
第三優先	2006年01月15日	2004年09月08日	2002年08月01日	2006年01月15日	2006年01月15日
非技術勞工	2006年01月01日	2003年04月22日	2002年07月22日	2006年01月01日	2006年01月01日
第四優先	有名額	有名額	有名額	有名額	有名額
宗教工作者	有名額	有名額	有名額	有名額	有名額
第五優先	有名額	有名額	有名額	有名額	有名額

職業移民排期表

- 第一優先：傑出人才、研究人員、研究人員教授、
- 第二優先：跨國公司主管
- 第三優先：技術勞工及專業人士
- 第四優先：宗教工作者
- 第五優先：投資移民

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《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區，教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

舢舨焦點訪談

Allan Tow

2012年「造夢人」獲獎人
薩福克大學副教授

來自麻州麥德福特鎮的Allan Tow早先在Brandeis大學學習人類學及語言學，但是人類學和語言學的本科文憑很難找到工作。修整了一年后，Tow轉向研究法學。

法學畢業后，Tow在西海岸找到一個職員性質的工作，之后他又在哈佛法學院及薩福克大學擔任教職工作。現在的Tow在薩福克教授移民法及國際法。

約15年前，Tow被付任於薩福克「亞裔學生聯合會」督導的工作。回顧起那段經歷，Tow仍感到其樂無窮。「那些學生像我一樣都是美國出生的華裔。跟他們交流，看著他們成熟起來令我感到愉悅。」Tow回憶到他和他的太太輪流帶著學生團隊去紐約旅遊，他們也參加學生組織的會議等活動，其樂無窮。

Tow也指導孩子的學習，像提供課外輔導、論文指導等。「剛開始時，孩子們看到我，難免把我看作是嚴師一類的人物，不過你知道，我們是朋友關係，不是傳統上那種有上下級別的師徒關係。

不容置疑，Tow的指導和幫助對亞裔學生聯合會的那些孩子們影響至深。Tow覺得自己同這些孩子們在一起共同度過了許多美好時光。獲得此獎，Tow很高興。

Allan Tow

薩福克大學副教授Allan Tow是個有著豐富經歷的令人羨慕的人物。早年的他在聖托馬斯島就職，後教學於哈佛法學院。Alan Khazei就是Allan Tow的桃李之一。不久前，Allan Tow榮獲薩福克大學頒發的「造夢人」獎（「造夢人」是特為表彰那些為非洲裔、拉丁裔、亞裔及印第安人等少數民族學生積極創造並推動一個包容、尊重和安全之大環境的個人、組織或集體）。



摩頓市居民於安多弗市舊鄉村俱樂部(Old Country Club, Andover)宣誓成為米德爾塞克斯郡輔警(Middlesex Reserve Deputy Sheriff)。

相片：從左至右

Peter Wu, Lihong Li, Jason Law, Mayor Gar Christenson, Jin Chen, Franklin Lam and Tom Tat

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至孝篤親公所春節晚宴



新英格蘭至孝篤親公所於2月4日在喜臨門舉辦春節晚宴。

約250名來賓匯聚一堂，40桌酒席令喜臨門熱鬧非凡。來賓包括市長曼諾寧，市議員Bill Linehan、國會議員Michael Capuano及哈佛法學院教授、民主黨眾議院候選人Elizabeth Warren等。

廣教中文學校的孩子們在會上表演了舞蹈。國會議員Capuano亦為舞獅隊的獅子描畫雙眼，寓意「新龍欲出」。

公所網站介紹道該公所為紀念陳氏、吳氏及袁氏家族後代而設，希望促發家族各人奮發上進及相互扶持的品德。該公所也操持外聯業務，目的是聯合廣大華人社區，是他們更能融入美國社會。

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提取表格。

開放時間：2月27日至3月9日，星期一至五，上午9時至4時
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平等房屋機會



華埠社區需要就業機會

華人前進會

儘管全國仍處於經濟衰退的困境，但位於市中心地帶的華埠及其週邊地區正處於一個開發的熱潮中。目前，一座29層390個單位的肯盛頓廣場大樓在華盛頓街動土興建，與此同時，一座較小型有75個單位，稱為康樂樓的老人居屋援助屋宇也正在開發中。波士頓重建局給華埠/南端鄰區批准超過100多萬平方米的建築計劃，隨後會陸續有更多的批准。夏裡臣奧爾巴尼走廊的一個新的劃區計劃已發表了，進入波士頓尼倫街以南的“南大門”的發展也在建議中。

隨著這所有的發展，那提及的問題是，唐人街將如何受益？誰會獲得這些發展項目創造出來的就業機會？波士頓居民工作的政策規定，任何經由波士頓市部份撥款的任何建築工程，必須至少聘請50%的波士頓居民，25%的少數民族，和10%的婦女。自2000年以來，波士頓市居民已超過50%是有色人種了。最近有一個建築工程，已成立一個新的標準去反映出這個人口的變化。在洛斯保裡建立Korc社區中心的1.15億美元的項目中，就是依照洛斯保裡的整體規劃作標準，聘用了51%波士頓居民，51%的少數民族，和15%的婦女。社區組織起來，並成功地將這些標準應用到工程上，而總承包商亦將這些標準寫在其分包商的合同上。如果不符合標準，總承包商有權另聘分包商。我們需要將這些標準應用到唐人街和全市的工程上。提高少數民族數量的要求，將為住在波士頓內外的華裔創造更多的工作機會。

與此同時，我們需要與建築工會合作，以確保華人都能夠進入工會，及能充份地利用由工會創設的事業途徑和生活標準。幾乎所有

在波士頓的大型發展工程都是由工會完成。大多數的建築工會都有學徒計劃，學徒在此等計劃裡獲得工作報酬的同時也有機會學到一個新的行業。不同行業的計劃其要求各不同，但它們通常需要高中畢業文憑（來自美國或中國都可），能夠通過藥檢，以及有基礎英語。對於一些較高技術的工種如電工，你還需要參加考試以進入學徒計劃。要視乎行業的類別，有時學徒計劃要需時幾年才可完成，但一旦完成，你便成為熟練工人及獲發全薪，熟練工人的工資大約是每小時40美元。工會會員也通常會得到良好的醫療保險，及獲得免費的業內培訓和退休金等福利，使成員有較好的條件退休。

雖然加入工會會獲得很多福利，但會員需要繼續努力去接工，要每天早起和聽從工作指示。這些工作也要求工人識講英語，因此，有一定的英語基礎是很重要。除了學英語外，也要找機會練講，才可以有把握地找緊這些就業機會。

如果你認為你有興趣加入建築業工會，願意努力工作，並承諾這條事業途徑，請於2月23日下午6時參加華人前進會舉辦的簡介會。我們將與發展商、工會、全市的合作夥伴和華埠的組織合作，去為我們的社區創造工作機會。

作為一個社會，我們需要提出一個訴求，是在我們的地方所發掘出來的工作，一定要將利益歸還居住在社區內和屬於社區一部份的人。主流的建築行業拒我們於門外太久了，我們的社會需要工作！

BRA

波士頓市重建局現正舉行
公眾會議相討有關

Ink Block (Herald Site)
2月23日，星期四，下午6:00

項目地點：波士頓市華盛頓街1145號
(1145 Washington Street, Boston, MA 02118)

項目倡議者：National Development

項目簡介：National Development (倡議者) 提出重建位於南城 (South End) 未被充分利用及即將被空置的夏理遜街300號 (300 Harrison Avenue) (項目)。這個項目包括興建三棟新大樓和利用現有波士頓先驅報業大樓 (Boston Herald industrial building) 創建一個混合用途的建築物，當中包括新的住宅及零售活動。這四棟佔地548,900平方英尺的建築物將會提供大概471個新的住宅單位和一共約85,000平方英尺的零售空間，包括一雜貨店和多個小型的地面上零售和/或餐廳空間。該項目將提供約411停車位，其中大部分將是多層停車場。

提交意見截止日期：2012年3月2日，星期五

ERICO LOPEZ

BOSTON REDEVELOPMENT AUTHORITY
ONE CITY HALL SQUARE, 9TH FLOOR
BOSTON, MA 02201

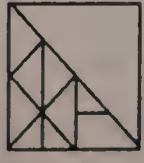
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電話：617.918.4429

電子郵件：erico.lopez.bra@cityofboston.gov

Brian P. Golden

執行董事/秘書



Boston
Redevelopment
Authority

金門新分店盛大開業

文：鄭遠飛



金門超市波士頓分店於二月十一日在德切斯特德的南灣中心盛大開業。波士頓市長、昆市市長和摩登市市長也到場恭賀致詞。在營業第一天，新金門已客流爆滿。

從早上九點開始，大量的顧客湧入新開張的超市。不久，各個收銀台前就排起了長隊。因為人氣的旺盛，超市內出現了幾次「交通堵塞」。「之前就有很多媒體報道我們即將開業的新聞，這可能就是今天我們剛開張便有那麼多顧客的原因之一。」燈超市吳經理介紹道。

此外，新金門超市也推出了一系列的促銷。顧客消費到一定數額，便可以在入口處換取禮品。免費的爆米花和棉花糖均大受顧客歡迎。

十二點不到，隆重的開業儀式在超市前舉行。波士頓市長、昆市市長及摩登市市長到場恭賀並致詞。「我們非常感謝金門為我們的市民提供了更多的就業機會。」波士頓市市長說道。

超市總經理幾老闆，威廉胡介紹說：「在營業的第一天，金門超市便有五十個全職的工作人員在工作，在不久的將來，金門超市更希望為當地居民創造一百個就業機會。」隨後，金門超市的領導和朋友，以及三位市長一起為開業剪彩。在場的觀眾還有幸觀看了中國傳統儀式群獅討彩。

坐落在道切斯特南灣中心的金門超市擁有一個私人的停車場，周圍亦有許多其他的商場。對在華埠附近居住的亞裔居民而言，交通十分便捷。

華美福利會及廣教中文學校均津貼支助



華美福利會及廣教中文學校雙雙獲得波士頓「非盈利項目」津貼。該獎為那些幫助大眾提高工作技能的非盈利性機構而設。

華美及廣教租用同一幢大樓。華美將用這些錢繼續購買吸音天花板以完成去年尚未完成的整修教室的計劃。廣教學校校長Evonne Liu則表示「廣教」會利用這筆錢更換二樓及三樓的地毯。

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兩周國際新聞回顧

文：鄭遠飛

1. 全球最大的社交網站Facebook提交IPO申請

2月2日，全球最大的社交網站Facebook提交IPO申請，這成了當周全球資本市場的重大新聞：市值預計達到1000億美元；上市融資額50億美元；該公司的主要股東將成為億萬富翁；有史以來規模最大的網絡公司IPO之一；可能引發多種資產市場的新一輪牛市，等等。

2. 中俄在安理會否決了敘利亞決議。歐美並未就此擺休

2月4日，中俄在安理會否決了敘利亞決議，但並未讓歐美國家就此擺休。6日，美國關閉了駐敘利亞大使館，同時也凍結了伊朗政府和包括伊朗中央銀行在內的所有金融機構在美國境內的資產。聯合國大會將在紐約當地時間16日對一項有關敘利亞問題的決議草案舉行投票。

3. 媒體稱地球小冰河期來臨寒冬現像或持續30年

近期，整個北半球正在遭遇嚴寒考驗，從亞洲的日韓到歐洲的英法，寒流正橫掃歐亞大陸，至今已造成超過300人死亡。氣象專家指出北半球嚴寒只是全球天氣變冷的開端，這樣的冷天可能會持續20年至30年。英國《每日郵報》稱，今年的寒冬顯示“小冰河期已來臨”。

4. 菲律賓中部6.9級地震 至少43人死亡

2月6日，菲律賓中部午間發生強烈地震，至少43人死亡。地震里氏6.9級地震，震源深度較淺。

5. 馬爾代夫政變 總統宣布辭職

2月7日，馬爾代夫首都馬累發生軍事譁變。馬爾代夫出現民眾示威浪潮。當天下午，總統納希德全國電視講話，公開宣布辭去總統職務。據悉，納希德把總統權力移交給現任副總統穆罕默德·瓦希德·哈桑。

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我們在各地的老年就業計劃的職員會幫助您獲得訓練及轉換到適合您的職業。

Please contact (您可以和下列機構聯絡)：

Frank Abner

Urban League of Eastern Massachusetts

Mature Worker Program

88 Warren Street

Boston, MA 02119

Tel: 617-442-4519 ext 226

Or email: fabner@ulem.org

6. 2012年勞倫斯世界體育獎揭曉了各獎項獲得者。

2月8日，被譽為“體壇奧斯卡”的2012年勞倫斯世界體育獎揭曉了各獎項獲得者。網球延續了這一項目在勞倫斯頒獎典禮上的風光無限。德約科維奇他力克梅西、維特爾和博爾特等諸多強手，首次奪得勞倫斯年度“最佳男運動員”獎。

7. 加拿大總理哈珀訪問重慶薄熙來會見

2月11日，加拿大總理哈珀訪問了重慶，並出席了中國向加拿大派遣兩隻大熊貓共同進行大熊貓保護與研究的合作協議的簽字儀式。當晚，中共中央政治局委員、重慶市委書記薄熙來會見並宴請了哈珀一行。

8. 林書豪的NBA神話

2月12日，在NBA常規賽中，紐約尼克斯主場92-85戰勝湖人。該場比賽林書豪砍下38分、7次助攻，帶領尼克斯取得了四連勝。短短一周內，林書豪，震驚全球籃壇，媒體甚至為他瘋狂造字「linsanity」（林來瘋）、「linpossible」（林可能）、「Lincredible」（林驚奇），現在google字典現在更把他的英文名字「Jeremy Lin」，直接輸入後，中文翻譯就會出現「林書豪」。目前為止尼克斯已保持七連勝。

9. 美國歌手惠特尼·休斯頓去世終年48歲

2月11日，美國流行音樂天后惠特尼·休斯頓去世，年僅48歲。惠特尼·休斯頓，美國流行音樂界天級人物，以具有爆發力的嗓音和寬廣的音域為世人熟知。據吉尼斯世界紀錄，惠特尼是獲獎最多的女歌手(獲獎415次，提名562次)

10. 第54屆格萊美頒獎典禮在洛杉磯舉行

2月12日晚，第54屆格萊美頒獎典禮在洛杉磯舉行。英國當紅女歌手阿黛爾憑藉超高人氣，一舉奪下最佳流行歌手、年度最佳歌曲、最佳專輯等六項大獎，成為本屆格萊美頒獎禮上最大贏家。

11. 美駐華使團簡化簽證手續，部分赴美簽證可免去面談續簽

2月13日起，美駐華使團將實施一項簡化簽證審理手續，部分赴美簽證如失效時間不足48個月，可免去面談直接續簽簽證。美國駐華大使駱家輝表示，這將為數以萬計的中國申請人節省時間和金錢，

12. 習近平會奧巴馬美專家稱情人節“約會”。

2月14日至2月17日，中國國家副主席習近平訪美。除與美國總統歐巴馬等政界領袖會面外，另一個重頭戲就是習近平對美採購金額最終將達到多少金額。據了解，此次陪同習近平出訪的包括中國首富梁穩根等多位中國重量級企業界人士。

13. 伊朗核燃料利用進入新階段

2月15日，伊朗伊斯蘭共和國通訊社，總統馬哈茂德·艾哈邁迪內賈德當天在首都德黑蘭見證國產核燃料棒裝入核反應堆的過程。伊朗表示，該國對核燃料的利用進入了一個新的重要階段，並在一年多來首次主動提出重返國際核談判。

總統花園公寓

Presidential Gardens Apartments

麻州布拉德福市常綠大道140號

140 Evergreen Drive, Bradford, MA 01835

現正開放單睡房及兩睡房單位銷售輪候名單

由2012年1月30日上午9時起至2012年2月24日下午1時，我們將開放兩睡房單位銷售輪候名單給予放頤低收入及極低收入人士，並公開單睡房單位銷售輪候名單給予頤低收入人士。

低收入及中收入人士銷售輪候名單將繼續開放。

兩睡房單位申請人的除稅前入息必須高於以下最低標準：

住戶人數	入息最低標準
1人	\$18,800
2人	\$21,500
3人	\$24,200
4人	\$26,850

申請人必須符合兩睡房單位的申請資格。

在以上期限遞交申請的單睡房申請人並無任何入息標準。

在2月24日後遞交申請的單睡房及兩睡房單位申請人的除稅前入息必須高於以下最低標準：

住戶人數	入息最低標準
1人	\$31,350
2人	\$35,800
3人	\$40,300
4人	\$44,750

2012年的租金相等於調整後的家庭入息的30%，不超過\$1,189。

有關入息資格詳情，請聯絡我們的管理公司。

申請表可於以下地址索取：
140 Evergreen Drive, Bradford
或致電978-373-2543, Relay 711

請親身遞交或郵寄申請表至上述地址。合理的遷就條件適用。

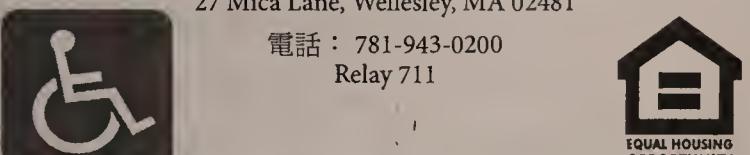
頤低收入及極低收入人士的兩睡房單位銷售輪候名單，以及頤低收入人士的單睡房單位銷售輪候名單之申請在2012年1月30日上午9時前和2012年2月24日下午1時後將不被接納。

申請表必須由18歲或以上的所有家庭成員簽署和簽妥。合資格的申請將被放置在適當的入息輪候名單。申請的挑選條件將按其入息類別、申請日期和時間。

我們將拒絕所有不完整的申請，亦不負責任何遺失及延誤的申請郵件。傳真的申請也不被接納。

我們提供翻譯服務予有需要的申請人。總統花園公寓是一座提供經濟房屋的公寓。它的管理及市場策劃公司是Maloney Properties, Inc., 27 Mica Lane, Wellesley, MA 02481

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- 入息上限：
* 一人：\$41,100
* 二人：\$46,980

請聯絡我們有關方便傷殘人士設施。

租金及入息上限按照HUD標準規定，並可有變動。

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Jamaica Plain, MA

現正接受
輪候名單申請

Tufts Medical Center

糖尿病患者健康生活小竅門

身患糖尿病是件頭痛的事情，患者要嚴肅對待自己的病症，不可圖一時之快失一世之歡。然而，許多糖尿病患者過著健康、快樂的生活。糖尿病並不意味著患者被監禁，不能做他們想做的事情。隻要注意飲食健康，患者的生活可以像常人一般自由。下面是一些糖尿病患者愉快生活小竅門。

如何做到飲食健康？

各民族、各家庭對“健康飲食”有著不同的理念。然而以下幾條建議屬基本大綱，患者應加以注意。

- 做到飲食多樣化，包括食用和攝入不同的蔬菜、谷物、水果、奶制品、健康脂肪及瘦肉等。不妨試試不同的食物，從中，你可能會發現有的食物口感更好，營養更佳。
- 注意食用量，不過食有助於保持體重，從而有助於控制病情發展。
- 不要固定隻吃同一類型的食物。
- 把晚餐攝入的食物量分散到一天多餐中。
- 按時用餐，否則其后果可令平日的努力毀於一旦。

如何提高肌體的健康水平？

糖尿病可對體內腎臟等器官造成有害影響。腎臟受到損，又會影響到視力。所以，糖尿病患者要時刻注意生活健康。其中，重要的一點是要適量運動，最好每天運動三十分鐘。如果想減輕體重，運動時間則應長於三十分鐘。運動方式可多種多樣。

- 走路代替開車——你會驚奇的發現走路消耗掉不少熱量！
- 如果你乘坐公共汽車，不妨提前一站下車，走路回家。
- 多勞動，像洗車、園藝、除草等。
- 跟孩子們玩耍。
- 打電話時不妨來回踱步，與此同時，你可能會發現屋子裡某個角落需要打掃
- 趴車時將車趴在較遠的地方，以此創造走路的機會。



PHOTO BY HANE C. LEE via Flickr

菜譜舉例

下面一款飲食中西口味結合，是很好的一例菜譜。

雞絲大米湯

- 黑蘑菇四朵
- 蒜一瓣，切片
- 泰國小辣椒一根，切絲
- 一烹匙姜絲
- 6杯低鹽雞湯
- 兩茶匙低鹽醬油
- 兩片6盎司重的雞胸肉，切絲
- 4盎司雪豆，兩側豆角線摘掉
- 一根小胡蘿卜約兩盎司，切絲
- 兩隻新鮮的荸薺，去皮后切絲（用荸薺罐頭也可以）

- 4根青蔥，切絲
- 一杯做好的米飯
- 鹽適量
- 適量胡椒粉

做法

- 1 將黑蘑菇、蒜、小辣椒、姜、雞湯及醬油加入湯鍋中，中火煮開。兩分鐘後從火上挪開，加蓋，悶三十分鐘。
- 2 將黑蘑菇取出，切絲後放回鍋中。
- 3 把鍋放在火上接著煮。將其餘的食材除青蔥外放入鍋中。
- 4 小火慢煮，半蓋鍋蓋，煮約十分鐘。
- 5 將青蔥撒入鍋中，攪拌後盛入廣口碗中。
- 6 將四分之一杯熱米飯放入碗中央，即可食用。

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住戶入息收入上限
一人 \$45,500 三人 \$58,500
二人 \$52,000 四人 \$65,000
其他限制適用。

諮詢會議：勒星頓市歷史學會（倉庫大樓）
Lexington Historical Society, (Depot Building)
勒星頓市倉庫廣場13號(13 Depot Square, Lexington),
3月5日，下午6時至8時

申請表可於以下地址索取：

勒星頓市市政大樓市政秘書辦公室加里紀念圖書館
Lexington Town Hall, Town Clerk's Office, Cary Memorial Library

或郵寄至：

JTE Realty Associates, P.O. Box 955, Andover, MA 01845

或郵寄至：jefferson@jterealtyassociates.com

請必須提供回郵地址。

查詢電話：978-258-3492

申請截止日期為2012年3月31日



經濟房屋現正發售

位於麻省安多弗市順河路460號（460 River Road, Andover, MA 01810）的Avalon Andover 是一座全新的社區公寓，設有專業大廈管理、室外暖水游泳池、游樂場、私人健身中心和50%低收入經濟房屋計劃以及80%中收入經濟房屋計劃，並現正接受4月租住申請。

現正提供一個、兩個和三個睡房單位。公寓大樓位於麻省安多弗市（Andover, MA）。低收入及中收入申請資格準則適用。

公開申請日期為2012年1月11日至3月15日

索取申請表格可聯絡：

Avalon Andover
460 River Road, Andover, MA 01910
電話：978-851-7231或電郵：MABlueSkies@avalonbay.com

申請表格可用傳真、郵寄或電郵遞交至以下地址：
Avalon Andover
460 River Road, Andover, MA 01910

傳真：978-851-7269或電郵：MABlueSkies@avalonbay.com

申請表格可在以下地址索取及遞交：
Avalon Andover
460 River Road, Andover, MA 01910

每月租金（50% 計劃）：	每月租金（80% 計劃）：
一個睡房：\$706	一個睡房：\$1,085
兩個睡房：N/A	兩個睡房：\$1,269
三個睡房：\$907	三個睡房：\$1,434

Avalon Andover的住戶需要自資煤氣、電力、自來水供應和排污、電話和有線電視的費用。Section 8 的申請者歡迎申請。

每戶入息上限（50% 計劃）	每戶入息上限（80% 計劃）
一人家庭：\$31,350	一人家庭：\$45,500
兩人家庭：\$35,800	兩人家庭：\$52,000
三人家庭：\$40,300	三人家庭：\$58,500
四人家庭：\$44,750	四人家庭：\$65,000
五人家庭：\$48,350	五人家庭：\$70,200
六人家庭：\$51,950	六人家庭：\$75,400

租金及入息上限可有變動。公寓設有FHA規定方便殘疾人上的設施。
AvalonBay Communities, Inc.



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9					7	
8		1			6	
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取求提名

費爾芒特靛藍規劃倡議
樓道範圍的諮詢小組

波士頓重建局("BRA")從以下群體取求提名：

- 居民
- 非營利組織
- 社區團體
- 體制機構
- 雇主/商業機構

為成立費爾芒特靛藍規劃倡議的樓道範圍諮詢小組("CAG")。諮詢小組將協助重建局，其他城市機構和指定的多學科規劃顧問團隊，代表全社區規劃向費爾芒特靛藍樓道的工作。

樓道範圍的社區規劃過程將在2012年春季開始，並應持續大約兩年。會議通常會在晚上舉行，在沿著費爾芒特樓道不同的地點。預計20至30位成員將被市長湯姆斯萬寧任命當CAG(諮詢小組)。

提名表格在www.fairmountindigoplanning.org ines.palmarin.bra@cityofboston.gov 可索取，或可通過電子郵件或電話索取：(617) 918-4434

您也可通過非表格形式提交提名。請列出被提名人的姓名，他或她的街道地址，電子郵件地址，以及任何社區團體或機構的從屬關係。每個提名表還應包括被提名人符合CAG(諮詢小組)的資格聲明。

所有提名請在(星期三)下午5時，2012年3月7日前提交

請郵寄到 Inés Palmarín
Boston Redevelopment Authority
1 City Hall Square, Room 910
Boston, MA 02201-1007
電子郵件 ines.palmarin.bra@cityofboston.gov
或通過傳真 (617) 367-6087



CITY OF BOSTON
Thomas M. Menino
Mayor

Boston
Redevelopment
Authority



City Hall 9th Floor
1 City Hall Square
Boston, MA 02201
617 722 4300

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哥達德高地將以抽獎形式出售10個經濟房屋(包括3睡房和4睡房)予收入等同或相比區內收入中位數80%以下人士。第一期的經濟房屋將在2012年秋天落成。

每戶最高入息上限：

1人 - \$45,500	5人 - \$70,200
2人 - \$52,000	6人 - \$75,400
3人 - \$58,500	7人 - \$80,600
4人 - \$65,000	8人 - \$85,800

每戶不能有超過\$75,000的資產。

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www.s-e-b.com/lottery 或致電617.782.6900x4

有關發展詳程，請瀏覽www.GoddardHighlands.com

申請和查詢可到斯托頓市公共圖書館(星期一至四，9 a.m. 至9 p.m.，星期五至六，9 a.m. 至5 p.m.)或市政廳的規劃部。

公眾諮詢大會將於2月29日下午6時在斯托頓市市政廳舉行。所有已填妥的申請表請在2012年4月5日下午2時前寄出。抽獎將在2012年4月18日下午6時在市政廳舉行。



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